

## Renovated Pool, New Training Techniques greet Swimkills for 2014

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REPORTERS

It wouldn't be the start of another swimming season without missing physicals and the inconveniences of the Forest Park Community College pool. Nevertheless, the Jr. Bills are up and ready to compete for the state title.

Despite all the confusion and chaos about practice times and locations, the swimmers and divers are excited for another successful year. Head coach Joe Esposito is beginning his second year coaching the varsity swim team, and dive coach Kevin Lebrun is also back.

"SLUH swimming and diving would like to finish top five at the state meet this year," coach Esposito commented. "We (also) have a great chance to set new school records," he said.

SLUH is returning four state swimmers, including senior captain Colin Derdeyn and junior Justin Andrews, who did not swim last year

but was a state qualifier his freshman year.

This season coach Esposito has also brought a brand new training technique called Ultra Short Race Pace Sets. This type of training consists of swimmers sprinting short lengths and trying to hold their split time. It puts them in the mindset of racing all the time. This helps the swimmers get used to how fast their race will actually feel. Coach Esposito is often reminding swimmers that they do not come to practice to swim; they come to practice to race.

The team is led by four senior captains: Andrew Irvine, Colin Derdeyn, Corey Santoni, and Hap Burke.

"The team looks terrific," said Burke. "We've got some very strong seniors and juniors and an awesome sophomore class. With Justin Andrews confirmed to come back, we should have a great team this year."

The team is looking forward to a season full of meets

and invitationals, including the COMO Invite at Mizzou, the Lindbergh Invite, and for the first time the Cape Girardeau Tigers. Lastly, the Junior Bills will compete in the DeSmet Invite against a very strong Rockhurst team. Esposito's goal is to "beat Rockhurst in the swimming portion of the meet."

Over the years, many efforts have been made to improve the pool at Forest Park Community College. This year, improvements were made, only they were behind schedule. The entire bottom of the pool was repainted and all the walls were redone and grouted. The pool deck was also cleaned up as the holes from the old starting blocks were filled and covered, minimizing the water and dirt buildup on the pool deck. Two new boilers to regulate the water temperature were also added, solving the many problems SLUH has had with the temperature. An Ultraviolet (UV) Pool System was also added to the pool to minimize



photo | Nolen Doorack

The 2014-2015 Swimkills prepare for the season ahead at their newly renovated pool complex.

the amount of chlorine needed in the pool. This device will get rid of bacteria in the water, making the pool cleaner and the air quality better overall.

The only problem with these improvements to the pool was that they were started late in the summer and the pool was not ready for the start of fall sports on Aug. 4. As a result, for the past two weeks, SLUH has used the

pools at the Webster Aquatic Center and MICDS, while the divers used John Burroughs' pool to practice. However, this past Monday the Jr. Bills were back at Forest Park Community College practicing.

Another added feature to the pool area was a new record board on the wall.

"We have been trying to get this done for a long time," assistant coach Kevin Moore

said. "It looks really nice up on the wall. It looks great ... it shows that SLUH owns one state record (100 Breaststroke) and we are about a second off in a couple others."

Moore also commented that the board will really look nice to parents and other teams coming to Forest Park.

## Cross Country set to defend title, tradition after summer camp

photo | Mr. Joe Porter



Several XCbills train in Brashear, MO in the beginning of summer as part of a preseason camp.

BY KEVIN MURPHY  
SPORTS EDITOR

This year's cross country team will aim for a third straight State title, this time by rebuilding from the base up.

At the beginning of the summer, head coach Joe Porter invited 15 returning runners to a team-building camp in Brashear, Mo., about 15 minutes outside of Kirksville. Twelve runners attended the camp to train and reevaluate the team's philosophy, which, in previous years, has been "Tradition, Class, Pride."

"We rewrote the team philosophy," Porter said. "We decided that 'TCP' doesn't fully encompass everything we want to build in our program, and so we decided on 'Defend the Tradition.'"

The team hopes that the new philosophy will begin to capture a greater picture of

the team and what it represents in the SLUH community

"The thing we wanted to keep from 'Tradition, Class, Pride' was tradition," said senior Jack Sullivan. "Every (value) that we were thinking of is a branch of tradition. We were also thinking humility and faith, so just by saying 'Defend the Tradition,' we thought we encompassed all of those things."

Porter also stressed his intent on making the faith aspect of tradition more present. He explained faith was the aspect of the philosophy which was missing before, and he thought class and pride did not represent the team he coaches.

In addition to rewriting the philosophy, the team also spent the week training. The summer brought good running weather, with tempera-

tures staying abnormally cool.

"(I ran) about 300 miles over seven weeks," said junior Dustan Davidson, which, he said, is the most he has ever run in a summer. "I only got in a couple workouts, but they were quality workouts."

"It wasn't difficult to get in the runs during the summer," said Sullivan. "Normally the hardest part of running during the summer is motivating yourself to run because it's so hot, so I think a lot of us were able to get in a lot of mileage over the summer and we'll be ready for the season."

The team's first chance to race came last Friday, at the annual Alumni Race. While the race is usually close, the intense summer training allowed the team to win quite easily. Current students took first, second, and fourth through eighth places, scoring

## Golf places fourth at State tourney

photo | Nolen Doorack



Now-graduated Scott Schaeffer tees off last spring at districts.

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"We're just going to continue to train and continue to get ready to compete," he said.

The golf team, on the other hand, went down to Cape Girardeau for the two-day State tournament hoping to bring home a title, but after a strong first day that left them in third place and with-

in a few strokes of the leader, they fell victim to the violent gusts of wind on day two, leaving them to finish fourth by about ten strokes to the champion, Rock Bridge from Columbia, Mo.

Gilbert was understanding, saying, "I always appreciate the guys trying to make

every year a little better, to try to achieve a little more each year."

Despite that, Gilbert still felt the team was affected by the weather conditions.

"We kinda fell apart. The conditions weren't great and the wind was bad on a really, really tough course, but at the same time, everyone had to play in it," said Gilbert.

"The success we had last spring was fantastic," Gilbert said. "MCC champs for the third year in a row, a match record of 9-1, won two tournaments, placed first at districts as well as sectionals. The guys did a great job."

Despite that success, Gilbert's still hungry. Optimistic about next year, he hopes to continue the team's preseason training with the only change being the gym.

"We're thinking about moving it from here to a place called The Lab, right behind the batting cages on our campus," said Gilbert. "We're also trying to work on getting the kids with a personal trainer."

Already raising expectations for next year, Gilbert ended with, "I'd really like to see if we could grab third or second or even become a state championship team in the spring."

21 points. The alumni scored 38 points.

The results of the Alumni Race boasted a one-to-five man spread of 19 seconds, and a one-to-six man spread of 22 seconds.

"Another goal would be to see how close our one-to-five and even one-to-seven spread can be," said Sullivan.

"It is helpful to run races (in packs) and also it's just fun."

The one-to-five spread could decide whether or not the team can repeat. Schools like Lafayette, West Plains, and Rock Bridge all have many returning top five runners, making the competition this year harder than ever.

In preparation, Porter wants the team to have as much experience racing together as possible. The team's first race is on Aug. 30 at Jefferson Barracks, hosted by Lafayette.